

County Welfare Head Speaker at Dinner

Earl Jensen, head of the county welfare department, and Chairman John R. Quinn of the board of supervisors, will be the speakers at the meeting of the Harbor District Chambers of Commerce to be held tonight at the Hollywood Riviera clubhouse. The meeting begins with committee meetings at 4 o'clock, dinner to be served at 6:15, after which the speakers will be heard.



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Safe Reducing Diets Include Plenty of "Protective Foods"

Fruits, Milk, Vegetables Are Health Essential, Says N. Y. Health Commissioner

This is the second of a series of articles on weight control by Dr. Wynne.

By Dr. Shirley W. Wynne, Commissioner of Health, New York City

It is possible to leave the table after each meal fully satisfied, and still lose weight. The secret lies in proper food selection—in satisfying your appetite and at the same time keeping the calories down. Calories are measures of the energy contained in what we eat, but our foods should provide other substances which the body requires besides those which supply energy. These other substances are vitamins, minerals and proteins. If we do not get them in our foods, health may be permanently impaired.

Include Protective Foods
All diets, whether for reducing or gaining weight, or only for "holding your own," must include the "protective foods"—if we are to keep well these include from a pint to a quart of milk a day, at least two plentiful salads of fresh, uncooked leafy vegetables, and some fruit or fruit juices. These foods, or classes of foods, together with sunshine, provide all the vitamins and minerals necessary. They also provide some protein and carbohydrate. Many reducing diets are harmful because they lack these all-important food elements. You will notice that these foods, in the typical reducing diets accompanying these articles, are printed in bold type. This is because they are the absolutely necessary part of the diet. They provide health insurance. They must be in the amount recommended.

SLIMMING DIET

Here is the second of a series of suggested weight reducing diets prepared for this paper by Dr. Wynne. Each diet provides about 1200 calories daily. Calculate your calories as shown in the first article of this series, and adjust the diet to your needs by taking smaller or larger portions of the food indicated in plain type. Do not change the quantities of the foods in bold-face type. These are the protective foods, and must be taken as indicated.

BREAKFAST		Calories
1 small glass tomato juice		30
Breakfast cereal (1 tsp. sugar, 1/2 glass milk)		175
Coffee (milk instead of cream, no sugar)		25
LUNCH		Calories
Salad (3 tablespoons cottage cheese, 1/2 cup cold slaw, watercress)		100
1/2 slice bread, or 1/2 roll		50
1 cup fresh berries (1/4 glass milk, no sugar)		125
1 glass of milk		150
DINNER		Calories
1/2 cup unshredded cream of tomato soup		100
Medium serving of filet of sole (with lemon)		250
1/2 cup spinach		25
1/2 baked potato		50
1/4 cup fruit salad (1/2 tablespoon French dressing)		100
Ice tea (lemon, no sugar)		

Don't try to reduce too fast. A quarter of a pound a day is enough.

Unemployed Veterans Relief to Start Co-operative Farm Plan

Reorganization of the Unemployed Veterans of Torrance and re-registration of its members has been going on for the past few days under the direction of H. W. Beach, who has come back into the management of the group after an absence of several months. Mr. Beach took over the post last Friday and since has been busy in listing the members and classifying them as to their status as workers.

The list as now made up shows that 73 Torrance families are actively engaged in the work of the association. Of these, 26 families are not receiving any public aid, 38 families are on the county welfare work relief lists and nine are working at the relief headquarters on part time.

In these 73 families are 109 dependent children attending school and 27 children under school age. Twenty-nine men and nine women are 45 years of age or older, 32 men and three women are younger. Since the upheaval in the county welfare department, all county aid has been withdrawn from the support of the association. All local sources of cash contributions have also failed, and the members of the group are dependent upon themselves for earnings to maintain the efficiency of the group.

Mr. Beach outlined some of the plans now in preparation for self-help. The first and most important project is the operation of a co-operative farm, or vegetable garden. Through the generosity of the Chancellor-Cantfield Midway Oil Company, a tract of 25 acres of land has been leased to the association without cost, which will be put into cultivation and cared for by the workers who now go out to labor on the farms of Japanese truck gardeners and are repaid in produce.

This plan, which worked out fine in the early months of the self-help plan, has become outworn. The men feel that a better situation all around will be created by developing their own tract. Better quality of produce will be derived, workers will not be compelled to take the culls or unmarketable goods. A check on varieties can be kept. There will not be an oversupply of one vegetable and a lack of another, but by judicious planning and planting the supply can be regulated to meet the demands.

One-half of the cost of irrigation

is to be paid by the county, and the other half will be donated by the water company.

In the meantime, in order to get started on the project the association needs some additional tools and a supply of seeds. The county which was to have furnished the seeds is not now functioning in this direction. In order to get funds to carry out this plan, the members are putting on a paper drive and ask all Torrance residents to donate their old papers and magazines to this cause. Used clothing also is wanted, which can be made over into garments for the children attending school. Some small sums have been turned into the treasury from the card parties and the sale of quilts made by the women. These quilts are models of needlework, beautifully made and attractive in pattern, and are sold at prices below their actual worth. Some specimens of the association women's work will be on display at the Los Angeles county fair at Pomona where they will no doubt attract considerable attention.

The great need just now, says Mr. Beach, is for a small amount of cash to get started with the work on the co-operative farm, and to purchase the supplies needed by the workers for their families, such as milk, bread, flour and other staples. Any resident who may need some one for odd jobs work about the home or place of business, will be doing these deserving men and women a real kindness to call the association headquarters and ask for some one to be assigned to the duty. The small sums thus earned will go a long way towards relieving pressing needs.

Protest Reduction in Constable Staff

Claiming that the recent reduction in personnel in the Lomita constable's office left the office inadequately manned to perform the services required, Charles M. Smith of Lomita, requested the Torrance city council Tuesday night to join with Lomita residents in protesting the reduction in personnel to Sheriff Biscailuz. Mr. Smith pointed out that as the Lomita office previously had only three officers, the removal of Deputy Charles Moller constituted a 33 per cent reduction, which Mr. Smith contended was a greater reduction than was being made elsewhere. The Lomita constable's office serves Torrance and Lomita in civil cases as well as taking care of criminal cases in Lomita and LaRambia township, which Mr. Smith contended was too much territory for two officers to properly cover. After listening to Mr. Smith, the Torrance city council authorized City Clerk Bartlett to address a letter to Sheriff Biscailuz urging the reinstatement of a third officer, expressing a preference for former Deputy Charles Moller, who has recently moved his family to Lomita in anticipation of being permanently assigned to the local constable's office.

CHURCHES

"GO TO CHURCH SUNDAY!"

Church notices, to be assured of publication, should be in the Herald-News office before 10 a. m., Tuesday. Every effort is made to publish them all, but occasionally when they are

CATHOLIC CHURCH OF THE NATIVITY
Cota and Manuel avenues.
Rev. Thomas Kennedy, pastor. Phone 332.
Mass celebrated Sundays at 7:30 and 9:30 a. m.
Sunday school, 10:30 a. m.
Benediction, 7:30, Sunday evening.

TORRANCE MEN'S BIBLE CLASS
A Bible class for the men of the community by the men of the community. Sessions held each Sunday morning at 9:30 o'clock at the Torrance Theatre. Harry E. Dierker, president, and Rev. G. G. Elder, teacher. All men are welcome.

SOUTH LOMITA CHURCH
The friendly church. Fundamental, evangelistic. 2341 255th street, Lomita. T. C. Colwell, acting pastor.

METHODIST EPISCOPAL CHURCH
El Prado and Manuel. Kemp J. Winkler, pastor. Phone 374-J.
9:45 a. m. church school hour.
Leonard Snider, superintendent.
11:00 o'clock, morning worship.
Sermon by the pastor.
6:30 p. m. Epworth League.
7:30 o'clock, evening service.
Sermon by the pastor.
Wednesday, 7:30 p. m., midweek prayer service. At this service we will resume our study of the life of Paul.

CATHOLIC CHURCH
Lomita boulevard.
Rev. Vincent Russell, pastor.
Mass celebrated Sundays at 8:30 a. m.

FIRST BAPTIST CHURCH
Corner Martina and Carson. Rev. John B. Speed, pastor. 1827 Andreo avenue. Phone 148.
Sunday school, 9:35 a. m. Teachers' prayer hour, 9:45 a. m., assembly hour in each department, 10:15 a. m., study period. Dr. H. G. Mitts, superintendent.
Morning worship, 11:00 o'clock.
"A Conservation Policy." Special music in charge of Mr. Simms.
B. Y. P. U.—6:30 p. m. assembly hour. 6:45 p. m. group meetings for Juniors, Intermediates and Seniors. Mrs. A. B. Craig, director of B. Y. P. U.
Evening worship, 7:30 o'clock.
Rev. Bob Gentry will bring the message. Special music in charge of Mr. Simms.
Wednesday, 7:30 p. m., prayer meeting in charge of Mr. Farquar.
Thursday, September 14, 7:30 p. m., board of Christian education meets at the parsonage.
Choir practice, Thursday, September 21, 7:30 p. m., at the church. W. H. Tolson, director of music.

SEVENTH DAY ADVENTIST
Weston and Walnut streets, Lomita. C. Phillips, elder.
Sabbath school, 9:45 a. m.
Prayer service, 11 a. m.
Prayer meeting Wednesday at 7:30 p. m.

ST. ANDREW'S EPISCOPAL CHURCH
Rev. F. Murray Clayton, vicar.
No Sunday school.
Morning service, 9:00 o'clock.
Morning prayer and sermon.
No evening service.
Woman's Auxiliary meets the first and third Thursday of the month in the Guild hall at 2:00 p. m.
Choir practice every Thursday at 7:30 p. m. in the Guild hall, followed by the Young People's Association at 8:30.

CENTRAL EVANGELICAL CHURCH
Corner Marcelina and Arlington avenues. O. D. Wonder, minister.
Sunday school at 9:45 a. m. W. E. Bowen, superintendent.
Divine worship at 11:00 o'clock. Sermon by the pastor.
C. E. services at 6:30 p. m. Intermediate and junior groups.
Evening worship at 7:30 o'clock. The pastor will preach.
Midweek meeting on Wednesday evening.
Home coming and rally day services, Sunday, September 24.

CHRISTIAN SCIENCE CHURCHES
"Matter" is the subject of the Lesson-Sermon on Sunday in all branches of The Mother Church, The First Church of Christ, Scientist, in Boston, Mass.
The Responsive Reading includes citations from Ecclesiastes: "I made me great works; I builded me houses; . . . I gathered me also silver and gold, and the peculiar treasure of kings and of the provinces; . . . Then I looked on all the works that my hands had wrought, and on the labour that I had laboured to do; and, behold, all was vanity and vexation of spirit, and there was no profit under the sun. Then I saw that wisdom excelleth folly, as far as light excelleth darkness."
Among the Scriptural citations in the Lesson-Sermon is the exhortation of Paul to the Galatians, "Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage."
One of the passages from "Science and Health with Key to the Scriptures," by Mary Baker Eddy, says in part: "Mortals must look beyond fading, finite forms, if they would gain the true sense of things. Where shall the gaze rest but in the unsearchable realm of Mind?"

FIRST CHURCH OF CHRIST SCIENTIST, TORRANCE
Former Dominguez Bldg., 1203 El Prado.
Sunday services, 11 a. m.
Sunday school classes, 9:30 a. m.
Wednesday evening meetings are held at 8 o'clock.
Reading room, 1208 El Prado.

COMMUNITY INTERDENOMINATIONAL
2455 Hawthorne avenue, Welteria. H. A. Lasley, pastor.
Sunday school, 9:45 a. m.
Morning service, 11 o'clock.
Evening service, 7:30 o'clock.
Young people's service, 6:30 p. m.
Wednesday, 7:30 p. m., prayer meeting.

COMMUNITY PRESBYTERIAN
Brethren street, Lomita.
Sunday school, 9:30 a. m.
Morning service, 11 o'clock.
Evening service, 7:30 o'clock.
Intermediate and Senior Christian Endeavor, 6:15 p. m.
Prayer service, 7:30 p. m., Wednesday.
Choir practice, 7:30 p. m., Thursday.

Lucerne Wins 2 Gold Medals

Dairy Products Distributed By Safeway and Piggy Wiggly Stores Scores High At State Fair

Outdistancing all other entrants, the Lucerne Cream and Butter Company, Los Angeles, won two gold medals and annexed the dairy products sweepstakes at the 1933 California state fair held recently at Sacramento.

Gold medals won by Lucerne were in class 80, section 713, pasteurized cream, with a score of 97.7, and in class 77, section 707 grade A raw milk, with a score of 99. Lucerne was the only dairy to win gold medals in two classes. Contributing to the sweepstakes award was the showing made by Lucerne in class 78, section 708, grade A pasteurized, where Lucerne's score of 98.5 was only one-half point behind the 99 score by the gold medal winner in this class.

Quality in dairy products being one of the things that every careful housewife demands, Safeway and Piggy Wiggly stores in Southern California are proud to be the distributors of Lucerne gold medal quality products and to recommend Lucerne milk, cream, butter, eggs and ice cream to their customers.

Honor New Pastor At Reception Tues.
An informal reception honoring Rev. and Mrs. Thomas L. Colwell and family will be given Tuesday evening at 7:30 o'clock at the South Lomita church, to which Rev. Colwell has recently come as pastor. The affair has been arranged by the Young People's Society of the church and all members of the congregation and friends are invited.
An entertainment program will be given, games played and refreshments served. Leland Sward will act as master of ceremonies.

C. C. C. TOMATO EATERS
PROVO, Utah, (UP)—Drain of Utah tomatoes for consumption by reforestation corps within the state has resulted in prices being forced to new highs of several seasons, the Utah Cannery's said.

Drastic Ordinance Is Adopted Against Gangsters and Hoodlums

Gangsters and hoodlums in Los Angeles county today had a new and drastic county ordinance starting them in the face with the adoption late Monday by the supervisors of an ordinance aimed primarily at routing them from strongholds in unincorporated territory. The new law, effective immediately, requires all persons with criminal records extending back as far as 10 years to report to the sheriff's office and be fingerprinted and photographed.

"The real strength of this ordinance will come when it is adopted by the various 44 municipalities," Chairman John R. Quinn stated upon adoption of the ordinance. Recently, beer barons have been reported as intrenching themselves in unincorporated area north of Long Beach. The new ordinance may have the effect of forcing this city and the other municipalities to adopt a similar ordinance in self defense, it was pointed out. Monday's move on the part of the supervisors was made at the request of the county grand jury, it was learned today. The ordinance as first drawn affected persons with criminal records back as far as 20 years ago, but which Chairman Quinn feared would be unfair to persons trying to rehabilitate themselves after prison sentences. Violation of the new ordinance is a misdemeanor, punishable by \$500 fine or imprisonment, with six months additional for every day spent in the county without registering.

Late last week the district attorney's office issued 50 "John Doe" warrants with \$50,000 bonds which gangster squads are prepared to serve upon men who are known gangsters or of questionable reputation. Buron Fitts, district attorney, said more plans to discourage invasion of Los Angeles county by gangsters are in the making, but are being kept secret. Eastern cities are known to be driving their gangsters out, with little publicity, Fitts stated.

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SCOUT NEWS
BOY SCOUTS OF AMERICA
TROOP 4
Lee Burns, Reporter
The last of the summer sessions was held on Thursday evening, beginning September 14 regular meetings, with inspection and testing, will start.
A number of Troop 4 Scouts will attend the regular monthly Court of Honor at San Pedro on Monday, September 25.
Harry York has joined the troop.

TROOP 3
Joe Bay, Reporter
The Troop 3 Boy Scout meeting of September 8 was a business meeting. Several changes were made in the patrol, adding a larger boys' patrol to the troop. The new patrol will be allowed to wear long trousers. The Black Bear patrol will be discontinued for the time being.
New officers for the next six months were appointed.
The troop attended the Torrance theatre, September 11.

CATCHES BOAT, GOLF CLUBS
VANCOUVER, B. C. (UP)—Fisherman A. Pottinger wins the prize for the season's oddest catch. While fishing in the Fraser river, Pottinger pulled up a rubber boat with six golf clubs inside.

Continental Market

Corner Cabrillo, Carson and Cravens
Specials For Thursday, Friday and Saturday
No Limit! — No Deals! — No Combinations!

BUTTER	
GOLDEN ROD	lb. 22c
CHALLENGE	lb. 23c
DANISH	lb. 24c
Gold Medal Flour	
5 Pound Sack	25c
10 Pound Sack	47c
24 1/2 Pound Sack	99c
CALUMET BAKING POWDER	
8-oz.	14c
16-oz.	25c
KELLOGG'S WHOLE WHEAT FLAKES	2 for 17c
CORN SUGAR	per lb. 5c
DOG FOOD, Bozo, Doyle or Marco	6 cans 25c
COFFEE	
Maxwell House	lb. 25c
Chase & Senborn	lb. 27c
Ben Hur	lb. 31c
Pride-O-West	lb. 19c
Sanka (97% caffeine removed)	lb. 39c

Mellowest Oregon CHEESE, lb.	15c
SEAL TUB OLEOMARGARINE, 2 lbs	
HEINZ CATSUP, large	
SUNSWEEP PRUNES, 2-lb. pkg.	
LESLIE SHAKER SALT, 2 pks.	
SANIFLUSH, can	

SUGAR, cane MUSLIN BAG 10 lbs.	49c
UP AND GOING HIGHER — BUY NOW!	
PEANUT BUTTER, Golden West Made From Certified No. 1 Peanuts	
1-lb.	15c
2-lbs.	25c
MALT, Budweiser, Schlitz and Blue Ribbon	Large Can 59c

SOAPS and Powders	
IVORY, Medium, 2 bars.	9c
IVORY, Large, bar.	8c
CAMAY, 4 bars	25c
CHIPSO, Large	14c
OXYDOL, Large	18c

MEAT DEPARTMENT	
T-BONE STEAK, lb.	15c
ROUND STEAK, lb.	12c
SIRLOIN STEAK, lb.	10 1/2c
RIB STEAK, lb.	16c
HAMBURGER, Fresh Ground, 2 lbs. for	15c
SAUSAGE, Fresh Ground, 2 lbs. for	15c
SHOULDER PORK ROAST, lb.	9 1/2c
SHOULDER VEAL ROAST, lb.	11c
Leg of Spring Lamb, lb.	14c
Leg of Pork Roast, lb.	14c
WEINERS OR FRANKFURTERS	2 lbs. 25c
ROUND STEAK GROUND, lb.	12c
PORK STEAKS, lb.	16c
VEAL CHOPS, lb.	16c
PORK CHOPS, lb.	16c
VEAL STEW, lb.	8c
LAMB STEW, lb.	8c
PURE LARD or 3 lbs.	21c
SHORTENING	16c
BACON, Lean Streaked, whole or half	16c

FRESH FRUITS AND VEGETABLES	
ORANGES, Good, Sweet, 1/4 lbs. to the dozen	10c
SWEET GRAPEFRUIT, Extra Large Arizona	each 5c
CORONA LEMONS, Juicy, per doz.	10c
THOMPSON SEEDLESS GRAPES	4 lbs. 10c
APPLES, Good Eating, or Cooking	8 lbs. 25c
BANANAS, 4 lbs. for	25c
BELL PEPPERS, 6 for	5c
BURBANK POTATOES, Choice	11 lbs. 25c
SPANISH ONIONS, Sweet, 2 lbs.	5c
CARROTS, TURNIPS, RADISHES, BEETS, SPINACH, GREEN ONIONS	3 bunches 5c
LETTUCE, Salinas, per head	5c
LIMA or STRING BEANS, Fresh lb.	5c
BEEF STEAK	4 lbs. 10c
TOMATOES	4 lbs. 10c

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